



Excerpts from WHOLE: 12 Principles for Rebuilding Life after Breast Cancer

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From Principle #9 Rediscover



It may seem curious at first that I selected the Spider Web as the Adinkra symbol for **Rediscover**. Here in this country, spiders are considered creepy insects to be feared, and their webs a symbol of intrigue. However, throughout Africa, Ananse the Spider is a revered folk legend creature—wise, resilient, and creative. He is keeper of homespun tales of complex life situations, always resolved in a clever, grounded, unique fashion. To make his web, Ananse anchors to a firm starting point, then flings himself out into space, spinning gossamer threads as he goes, always tethering himself to his starting point. In the process of spinning his web he makes a wider and wider territory part of his home, turning fearful situations into protected, nourishing sanctuaries.

The same is true for you. You are capable of creating a protective web anchored deep within you. Tethered to your core, this web is indelibly etched with all that you need to feel at home. You can venture into unfamiliar territory confident that you can manage no matter what circumstances arise. However large the web becomes, it all starts with you. You can shape it. You can move it. You can decide what it needs to be for you to be WHOLE.

The clearer you are about what your body needs, the more precise you can be in shaping your world around it. This WHOLE Body Living journey is creativity in action, making you more resilient and stable with each passing day.

Many Americans think of creativity as artistic expression: painting, dancing, singing, playing music, writing, and the like. But throughout the African Diaspora, creativity extends further than the humanities into the manner in which you conduct your daily life. It is a way of life. It is about freedom within yourself, despite any adversity; it is the ability to live authentically—true to your new self.

The common thread between you and Ananse is creativity. Just as for him, getting settled into your new “house” takes ingenuity and patience. But it can be done with your own personal style. **Rediscover** is reinventing yourself.

There is a cadence, a rhythm of your life that is all yours, and yours alone. Part intuition, part conditioning, knowing that an object or situation speaks to you is intuitive. You are drawn to one thing over another. **Rediscover** transforms this unconscious knowing to conscious choices about your work, living space, wardrobe, and even the settings you seek out for your own nourishment.

You have created something magnificent. A new outlook, a new body, a new life. Now is the time to start living it again in fullness.

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